

Building Resiliency And Coping Skills

Finding The Strength Within

Done By:

Mrs. Elahie-Mirza
Guidance Counsellor
ASJA Boys' College
San Fernando



Recap!

- School was shut down overnight!
- The country was shut down in a matter of days!
- COVID 19 struck the country!
- Normal was not normal anymore!
- SBA's and IA's are due!
- Exams are around the corner!

Our lives turned from structured to chaotic in a matter of days... we were not prepared for any of this!

How will we survive?

What Is Resilience?

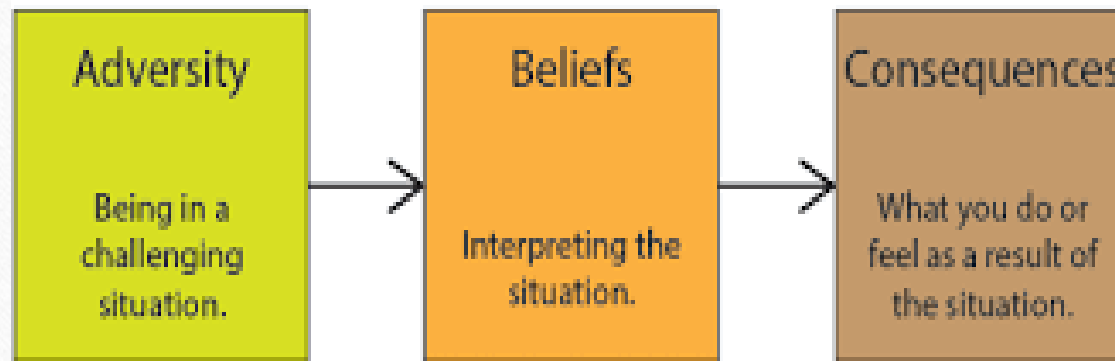
- It is the ability of a person to recover from a stressful event
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Why Is Being Resilient Important?

- It enables us to adapt and ‘bounce back’ from situations that didn’t go as planned.
- It helps us to focus on the positives of the stressful event and move forward toward betterment.

Being Resilient Helps Us To Grow As Individuals From This ↓ To This →



8 Simple Steps To Enhance Your Resiliency Skills



1
Accept Change



2
Learn Continuously



3
Take Charge



4
Define Purpose



5
Create Balance



6
Cultivate Relationships




7
Reflect






















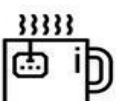















8
Reframe Skills

What Are Coping Skills?

- These are skills we develop through conscious effort to solve a problem that we encounter in our lives.
- Here are some examples 

COPING SKILLS

 MEDITATE	 EXERCISE	 WRITE JOURNAL	 DRAW	 LISTEN TO MUSIC	 TAKE A BATH
 PLAY WITH PET	 ENJOY NATURE	 CLEAN THE HOUSE	 READ A BOOK	 USE AROMATHERAPY	 PLAY GAME
 COOK A MEAL	 KNITTING	 PRAY	 FINDING HUMOR	 MAKE A GRATITUDE LIST	 COLORING
 GARDENING	 DO YOGA	 GET ENOUGH SLEEP	 ACCEPT A CHALLENGE	 DRINK TEA	 SQUEEZE A STRESS BALL
 PLAY MUSICAL INSTRUMENT	 ASK FOR HELP	 PRACTICE DEEP/SLOW BREATHING	 EAT HEALTHY FOOD	 LIMIT CAFFEINE	 SCHEDULE TIME FOR YOURSELF
 CRY	 SMILE	 TAKE A WALK	 DOODLE ON PAPER	 GO SEE MOVIE	 EAT A LITTLE CHOCOLATE

Unhealthy Vs Healthy Coping Skills.

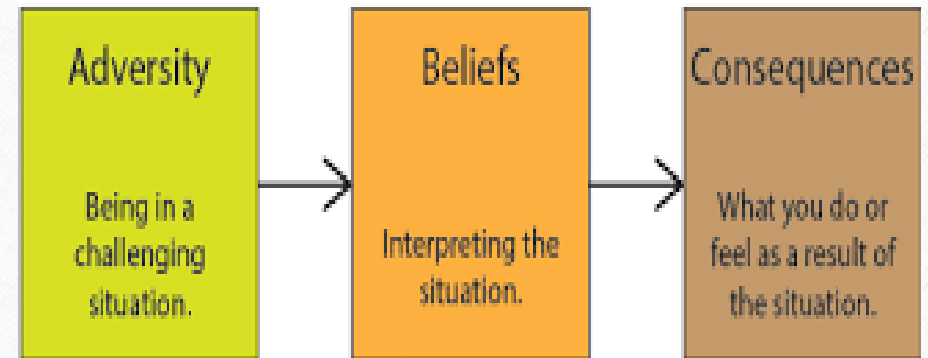
- Drug or alcohol use
 - Overeating
 - Procrastination
 - Over/under sleeping
 - Social withdrawal
 - Self harm
 - Aggression
- Exercise
 - Talking about the problem
 - Healthy eating
 - Seeking professional help
 - Relaxation techniques
 - Using social support
 - Problem solving techniques

How Are Coping Skills Linked To Being Resilient?

- Look at this chart



- When faced with an adversity, your beliefs about the situation influences the type of coping skill that you will use to come out of the situation. This action then helps you to ‘bounce back’ from the stressful situation; thus building resiliency against that situation should it happen again.



With a positive mindset, determination and persistence,
we can all come out of this situation stronger.

Never let a difficult situation knock you down.

You are a star...a rock star...so ROCK ON!



Thank You!

